

## AIMS AND OBJECTIVES

"Briefly and specifically then, might we not expect as legitimate outcomes of the programme, something more than Huxley's statement that "life has but two legs to stand on, the lungs and the heart". Might we not expect as outcomes, the following:

- 1." The harmonious development and functioning of the body mechanisms.
- 2."The acquisition of health knowledge and the inculcation of wholesome health habits.
- 3."The correction of remediable defects.
- 4."The development of satisfying skills and play habits for use in leisure time activities.
- 5."The aiding of wholesome reactions and attitudes as a result of situations which call forth such responses.

## ORGANIZATION OF THE DEPARTMENT

"Previous to the session 1919-20, the situation was somewhat chaotic as far as the control and relationship of physical activities was concerned. In that year a complete reorganization took place of all committees and activities having to do with the various phases of physical education and these were all grouped under a central administration with appropriate sub-committees. The somewhat irregular control of athletics which was constantly in danger of becoming at variance with educational policy, necessitated a further change in 1923, when the Athletic Board was instituted.

"The changes thus brought about have unified the several phases of the activity programme for men and women, as well as the health programme and the professional school for the training of teachers. Thus there is a unity of purpose, a co-operative effort, in which all interests are represented and at the same time a definite linking of the whole programme with the educational policy of the University is assured. The changes brought about were very timely, for we have, in a large measure, offset the deplorable tendency seen in so many of the colleges in the United States, in which the athletic programme has become a very detrimental and destructive factor instead of a positive aid in education. McGill has been instrumental in initiating most, if not practically all the constructive legislation which has in recent years been enacted by the Canadian Intercollegiate Athletic Union. Frequent requests have been received for outlines of the organization of the Department and it is gratifying to note how closely our organization resembles that instituted this year at the University of Pennsylvania.

"Educators are everywhere deploring the fact that the over-emphasis on certain phases of athletics is having a most harmful effect and in many cases the athletic policy is directly at variance with accepted educational standards and ideals. The tail must not wag the dog. University athletics should not be an end in themselves, but should contribute to an end, that of Education. There will always be some difficulty in administering a University athletic programme but these difficulties can be minimized by boldly enunciating and then carrying out the policy that such activities are only acceptable as they render a contribution to the educational programme of the University."